

Cuisinart®

INSTRUCTION BOOKLET

Recipe
Booklet
Included



4-Slice Belgian Waffle Maker

WAF-100C

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

F IB-9222A-CAN

IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be followed, including the following:

1. **READ ALL INSTRUCTIONS.**
2. Do not touch hot surfaces. Use handles and dials.
3. To protect against fire, electrical shock, and injury to persons, **DO NOT IMMERSE CORD, PLUG, OR UNIT** in water or other liquids.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning appliance.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Return appliance to Cuisinart® service facility for examination, repair, or adjustment.
7. The use of accessory attachments not recommended by Cuisinart may result in fire, electrical shock, or injury to persons.
8. Do not use outdoors.
9. Do not let power cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place on or near a hot gas or electric burner, or in a heated oven.
11. Do not use appliance for other than intended use.
12. Always unplug the unit when finished baking waffles.
13. To safely disconnect power at any time, remove the plug from the outlet.
14. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
15. **WARNING: TO REDUCE THE RISK OF FIRE OR ELECTRIC SHOCK, REPAIR SHOULD BE DONE ONLY BY AUTHORIZED PERSONNEL. NO USER SERVICEABLE PARTS ARE INSIDE.**

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

SPECIAL CORD SET INSTRUCTIONS

A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.

Longer extension cords are available and may be used if care is exercised in their use.

If a long extension cord is used, the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and the longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or animals, or tripped over.

The extension cord should be a grounding 3-wire cord

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INTRODUCTION

Get ready for more of a good thing with the Cuisinart® 4-Slice Belgian Waffle Maker. Nonstick plates, indicator lights, and Ready tone make operation easy, while the five browning levels mean your waffles will always be baked to perfection. The deep pockets hold more than just butter and syrup, and our new recipes show you how to enjoy a variety of tastes, from sweet to savory. Top chocolate waffles with ice cream for an update on the ice cream sandwich, or try cheddar cheese and chive waffles as an out-of-the-ordinary complement to soup or chili. Break away from breakfast!

PARTS AND FEATURES

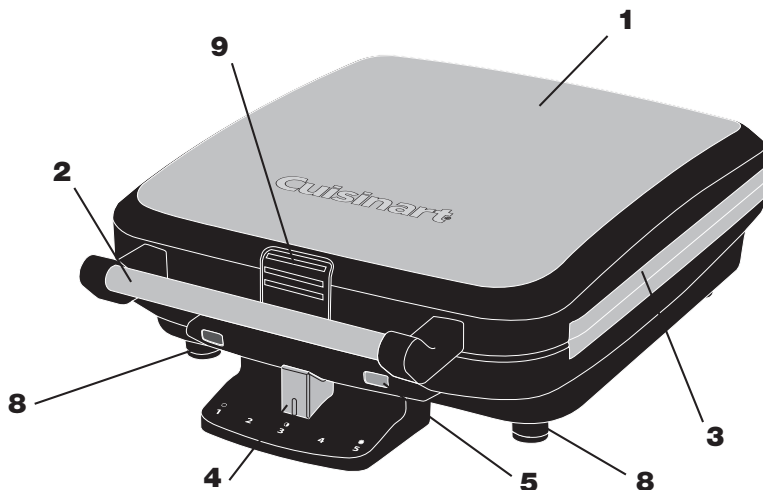
1. **Housing** – Elegant brushed stainless steel cover and base with embossed Cuisinart® logo.
2. **Lid Handle** – Durable, easy-lift handle.
3. **Baking Plates** – Die-cast aluminum plates bake four deep-pocket Belgian waffles.
4. **Temperature Slide Control** – five adjustable browning settings.
5. **Indicator Lights** – Red indicator light signals power ON; green indicator light signals when waffle iron is ready to bake and when waffles are cooked and ready to eat.
6. **Audible Signal (not shown)** – Signals when waffle maker is ready to bake and when waffles are cooked and ready to eat.
7. **Cord Storage (not shown)** – Cord wraps around the back of the unit, and unit stands on back end for storing (see page 4).
8. **Rubber Feet** – Feet keep unit steady and won't mark countertop.
9. **Locking Lid** – For upright storage.

BEFORE THE FIRST USE

Remove all packaging and any promotional labels or stickers from your waffle maker. Be sure that all parts (listed above, **Parts and Features**) of your new waffle maker have been included before discarding any packaging materials. You may want to keep the box and packing materials for use at a later date.

Before using your Cuisinart® 4-Slice Belgian Waffle Maker for the first time, wipe housing and baking plates with a damp cloth to remove any dust from the warehouse or shipping.

Note: The Cuisinart® 4-Slice Belgian Waffle Maker has been treated with a special nonstick coating. Before the first use, we suggest you season the grids with cooking spray or flavourless vegetable oil. If using oil, apply oil with a paper towel or pastry brush. You may find it helpful to repeat this process before each use of the waffle maker.

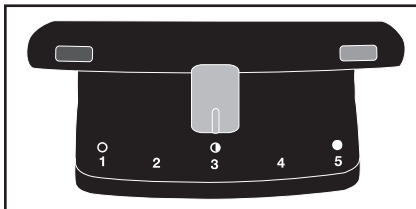


OPERATING INSTRUCTIONS

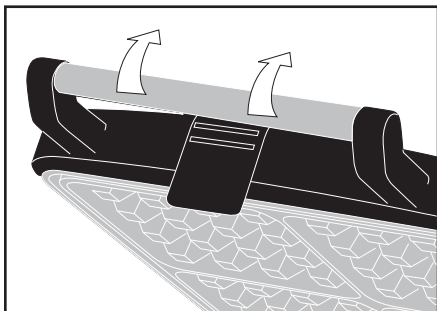
1. Place the closed waffle maker on a clean, flat surface where you intend to use it.
2. Plug the power cord into a standard electrical outlet.
3. Move the temperature slide control to the desired browning setting – setting #1 for the lightest colour waffles and setting #5 for the darkest colour waffles.

The red indicator light will turn on to signal that the power is on. Allow the waffle maker to heat up. When the waffle maker has reached desired temperature, the green indicator light will turn on and the audible tone will sound. You are now ready to begin.

Note: The first time you use your waffle maker it may have a slight odour and may smoke a bit. This is normal, and common to appliances with a nonstick surface.



4. Lift lid of waffle maker by grasping the handle and pushing up in one fluid motion. Lid will stay open at a 105° position until you lower it.
5. Pour batter onto the centre of the lower waffle grid. Use a heat-proof spatula to spread batter evenly over the grid. Close the lid. The green light will turn off but the red light will stay illuminated.



6. Baking time is determined by the browning level that you chose in Step 3. It may take up to 6 minutes to bake your waffles on setting #5.
7. When the waffles are ready, the green light will turn on and the audible tone will sound. Remove the waffles by gently loosening the edges with a heat-proof plastic spatula or wooden spatula. Never use metal utensils, as they will damage the nonstick coating.
8. When you are finished baking, unplug the power cord from the wall outlet. Allow the waffle maker to cool down completely before handling.

CLEANING AND CARE

Once you have finished baking, remove plug from electrical outlet. Leave lid open so grids begin to cool. Allow waffle maker to cool down completely before handling.

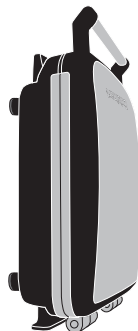
Never take your waffle maker apart for cleaning. Simply brush crumbs from grooves, and absorb any excess cooking oil by wiping with a dry cloth or paper towel.

You may also clean the grids by wiping with a damp cloth to prevent staining and sticking from batter or oil buildup. **Be certain grids have cooled completely before cleaning.** If batter adheres to plates, simply pour a little cooking oil onto the baked batter and let stand approximately 5 minutes, allowing it to soften for easy removal.

To clean exterior, wipe with a soft dry cloth. Never use an abrasive cleanser or harsh pad. **NEVER IMMERSE CORD, PLUG OR UNIT IN WATER OR OTHER LIQUID.**

STORAGE/ LOCKING LID

Store with cord wrapped securely under base. For compact storage, stand waffle maker on back end with control panel facing up. The waffle maker has been designed with a special latching feature so the lid stays closed during storage.



WARRANTY

LIMITED THREE-YEAR WARRANTY

We warrant that this Cuisinart product will be free of defects in material or workmanship under normal home use for 3 years from the date of original purchase.

This warranty covers manufacturer's defects including mechanical and electrical defects. It does not cover damage from consumer abuse, unauthorized repairs or modifications, theft, misuse, or damage due to transportation or environmental conditions. Products with removed or altered identification numbers will not be covered.

This warranty is not available to retailers or other commercial purchasers or owners.

If your Cuisinart product should prove to be defective within the warranty period, we will repair it or replace it if necessary.

For warranty purposes, please register your product online at www.cuisinart.ca to facilitate verification of the date of original purchase or keep your original receipt for the duration of the limited warranty.

If the appliance should become defective within the warranty period, do not return the appliance to the store. Please contact our Customer Service Centre:

Toll-free phone number:
1-800-472-7606

Address:

Cuisinart Canada
100 Conair Parkway
Woodbridge, Ont. L4H 0L2

Email: consumer_Canada@conair.com

Model: **WAF-100C**

To facilitate the speed and accuracy of your return, please enclose:

- \$10.00 for shipping and handling of the product (cheque or money order)
- Return address and phone number
- Description of the product defect
- Product date code*/copy of original proof of purchase
- Any other information pertinent to the product's return

* Product date code can be found on the underside of the base of the product. The product date code is a 4 or 5 digit number. Example, 90630 would designate year, month & day (2009, June 30th).

Note: We recommend you use a traceable, insured delivery service for added protection. Cuisinart will not be held responsible for in-transit damage or for packages that are not delivered to us.

To order replacement parts or accessories, call our Customer Service Centre at 1-800-472-7606.

For more information, please visit our website at **www.cuisinart.ca**

TIPS TO MAKE PERFECT WAFFLES

- Setting #1 will produce the lightest colour waffles. Setting #5 will produce the darkest colour waffles. Experiment to determine which setting produces the best waffle colour for you.
- For evenly filled waffles, pour the batter onto the centre of the lower grid and spread out evenly to the edges. The entire lower grid should be filled.
- We recommend using 2 cups (500 ml) of batter to fill the lower grid.
- Waffles are best when made to order, but baked waffles may be kept warm in a 200°F oven. Place them in a baking pan or wrap in foil while in the oven. Waffles wrapped in foil may lose their crispiness.
- Baked waffles may be frozen. Allow to cool completely, then place in plastic food storage bag. Use waxed paper to keep waffles separated. Reheat in a toaster or toaster oven when ready to eat.

ABOUT THE RECIPES

Nutritional information is based on number of servings indicated. If a recipe produces a range of servings, information is based on the highest serving yield for that particular recipe.

SUGGESTED TOPPINGS

Fruit syrups, warm fruit compote, fresh berries, chopped fruit, yogurt, chopped nuts, powdered sugar, whipped cream, ice cream or chocolate sauce.

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Basic Waffles

Fresh, homemade waffles make breakfast a special occasion. Freeze the extras to use when time is short.

Makes 16 waffles

- 6 cups (1.5 L) unbleached, all-purpose flour**
- ¼ cup (50 ml) plus 2 tablespoons (30 ml) granulated sugar**
- 3 tablespoons (45 ml) baking powder**
- 1½ teaspoons (7 ml) baking soda**
- 1½ teaspoons (7 ml) salt**
- 5¼ cups (1.25 L) reduced-fat milk**
- 1 cup (250 ml) plus 2 tablespoons (30 ml) vegetable oil**
- 6 large eggs, lightly beaten**

1. Combine all ingredients, in order listed, in a large mixing bowl; whisk until well blended and smooth. Let batter rest 5 minutes before using.
2. Preheat the Cuisinart® Waffle Maker to desired setting (a tone will sound when preheated).
3. Pour 2 cups (500 ml) of batter onto the centre of the lower grid of the preheated waffle maker; spread batter evenly using a heatproof spatula. Close lid of waffle maker. When tone sounds, waffles are ready. Open lid and carefully remove baked waffles. Repeat with remaining batter. For best results, serve immediately.

Nutritional information per waffle:

*Calories 397 (45% from fat) • carb. 45g • pro. 10g
• fat 20g • sat. fat 3g • chol. 86mg • sod. 673mg
• calc. 263mg • fiber 1g*

Nutty Wheat Waffles

Wholesome wheat flavour combined with crunchy pecans makes a delicious breakfast, brunch or snack. Top with warm fruit compote or syrup.

Makes 16 waffles

- 3 cups (750 ml) unbleached, all-purpose flour**
- 1 cup (250 ml) whole wheat flour**
- ¼ cup (50 ml) granulated sugar**
- 2 tablespoons (30 ml) baking powder**
- 1 teaspoon (5 ml) salt**
- 4 cups (1 L) reduced-fat milk**
- ¾ cup (175 ml) vegetable oil**
- 4 large eggs, lightly beaten**
- 1 cup (250 ml) finely chopped pecans, walnuts, almonds, or hazelnuts**

1. Combine all ingredients, in order listed, in a large mixing bowl; whisk until well blended and smooth. Let batter rest 5 minutes before using.
2. Preheat the Cuisinart® Waffle Maker to desired setting (a tone will sound when preheated).
3. Pour 2 cups (500 ml) of batter onto the centre of the lower grid of the preheated waffle maker; spread batter evenly using a heat-proof spatula. Close lid of waffle maker. When tone sounds, waffles are ready. Open lid and carefully remove baked waffles. Repeat with remaining batter. For best results, serve immediately.

Nutritional information per waffle:

*Calories 396 (45% from fat) • carb. 45g • pro. 10g
• fat 20g • sat. fat 3g • chol. 86mg • sod. 600mg
• calc. 412mg • fiber 1g*

Chocolate Brownie Waffles

Kids will love having chocolate for breakfast, but these waffles also make for a delicious dessert when topped with whipped cream or ice cream and berries.

Makes 16 waffles

- 4 cups (1 L) unbleached, all-purpose flour**
- 1½ cups (375 ml) granulated sugar**
- 1½ cups (325 ml) unsweetened cocoa powder, sifted**
- 2 tablespoons (30 ml) baking powder**
- 1 teaspoon (5 ml) baking soda**
- 1 teaspoon (5 ml) salt**
- 1 teaspoon (5 ml) ground cinnamon**
- 4 cups (1 L) reduced-fat milk**
- 4 large eggs, lightly beaten**
- 2 teaspoons (10 ml) pure vanilla extract**
- ½ cup (125 ml) (1 stick) unsalted butter, melted, cooled slightly**
- 1½ cups (325 ml) semi-sweet mini chocolate morsels**
- 1 cup (250 ml) finely chopped walnuts or pecans**

1. Combine the flour, sugar, cocoa powder, baking powder, baking soda, salt, and cinnamon in a large mixing bowl; whisk to blend. Add the milk, eggs and vanilla extract. Whisk until well blended and smooth. Stir in melted butter until completely combined. Fold in morsels and nuts. Let batter rest 5 minutes.
2. Preheat the Cuisinart® Waffle Maker to desired setting (a tone will sound when unit is preheated).
3. Pour 2 cups (500 ml) of batter onto the centre of the lower grid of the preheated waffle maker; spread batter evenly using a heat-proof spatula. Close lid of waffle maker. When tone sounds, waffles are ready. Open lid and carefully remove baked waffles. Repeat with remaining batter. For best results, serve immediately.

Nutritional information per waffle:

*Calories 460 (36% from fat) • carb. 63g • pro. 11g
• fat 19g • sat. fat 8g • chol. 74mg • sod. 405mg
• calc. 225mg • fiber 4g*

Apple Walnut Waffles

Served with warm maple syrup, these waffles are a comforting fall treat.

Makes 16 waffles

- ½ cup (125 ml) plus 1 tablespoon (15 ml) packed light brown sugar**
- 4 cups (1 L) unbleached, all-purpose flour**
- ¾ cup (175 ml) whole wheat flour**
- ¾ cup (175 ml) wheat germ**
- 3 tablespoons (45 ml) baking powder**
- 1½ teaspoons (7 ml) salt**
- 4½ cups (1.2 L) reduced-fat milk**
- 6 large eggs, lightly beaten**
- 1 cup (250 ml) vegetable oil**
- 1½ teaspoons (7 ml) pure vanilla extract**
- 1 large apple, peeled, cored and finely diced or shredded**
- 1½ cups (375 ml) finely chopped walnuts**

1. Crumble the brown sugar into a large mixing bowl to remove any lumps. Add the flours, wheat germ, baking powder and salt. Whisk to blend. Add the milk, eggs, oil, and vanilla; whisk until smooth. Stir in the apple and walnuts. Let batter rest 5 minutes before using.
2. Preheat the Cuisinart® Waffle Maker to desired setting (a tone will sound when preheated).
3. Pour 2 cups (500 ml) of batter onto the centre of the lower grid of the preheated waffle maker; spread batter evenly using a heat-proof spatula. Close lid of waffle maker. When tone sounds, waffles are ready. Open lid and carefully remove baked waffles. Repeat with remaining batter. For best results, serve immediately.

Nutritional information per waffle:

*Calories 449 (50% from fat) • carb. 45g • pro. 12g
• fat 25g • sat. fat 3g • chol. 85mg • sod. 564mg
• calc. 361mg • fiber 3g*

Cinnamon Pecan Waffles

Top these tasty waffles with warm maple syrup and fresh fruit.

Makes 20 waffles

- 6 tablespoons (90 ml) packed light brown sugar**
- 6 cups (1.5 L) unbleached, all-purpose flour**
- 3 tablespoons (45 ml) baking powder**
- 1½ teaspoons (7 ml) baking soda**
- 4½ teaspoons (23 ml) ground cinnamon**
- 1½ teaspoons (7 ml) salt**
- 5½ cups (1.3 L) reduced-fat milk**
- 1 cup (250 ml) plus 2 tablespoons (30 ml) vegetable oil**
- 6 large eggs, lightly beaten**
- 3 cups (750 ml) chopped pecans**

1. Crumble the brown sugar into a large mixing bowl to remove any lumps. Add the flour, baking powder, baking soda, cinnamon and salt. Whisk to combine. Add the milk, oil and eggs; whisk until blended and smooth. Stir in the chopped pecans. Let batter rest 5 minutes before using.
2. Preheat the Cuisinart® Waffle Maker to desired setting (tone will sound when preheated).
3. Pour 2 cups (500 ml) of batter onto the centre of the lower grid of the preheated waffle maker; spread batter evenly using a heat-proof spatula. Close lid of waffle maker. When tone sounds, waffles are ready. Open lid and carefully remove baked waffles. Repeat with remaining batter. For best results, serve immediately.

Nutritional information per waffle:

*Calories 434 (56% from fat) • carb. 39g • pro. 10g
• fat 28g • sat. fat 3g • chol. 69mg • sod. 483mg
• calc. 355mg • fiber 3g*

Oatmeal Raisin Waffles

These waffles taste like an oatmeal raisin cookie. They are delicious when topped with apple butter.

Makes 12 waffles

- ¼ cup (50 ml) plus 2 tablespoons (30 ml) packed light brown sugar**
- 3 cups (750 ml) unbleached, all-purpose flour**
- 2 cups (500 ml) rolled oats (old fashioned, not quick oats)**
- 4 teaspoons (20 ml) ground cinnamon**
- 1 tablespoon (15 ml) baking powder**
- 2 teaspoons (10 ml) baking soda**
- 1 teaspoon (5 ml) salt**
- 3 cups (750 ml) buttermilk**
- 4 large eggs, lightly beaten**
- ¾ cup (175 ml) vegetable oil**
- 1 teaspoon (5 ml) pure vanilla extract**
- 1½ cups (325 ml) raisins**

1. Crumble the brown sugar into a large mixing bowl to remove any lumps. Add the flour, oats, cinnamon, baking powder, baking soda, and salt. Whisk to blend. Add buttermilk, eggs, oil, and vanilla. Whisk until well blended and smooth. Stir in raisins. Let batter rest 5 minutes before using.
2. Preheat the Cuisinart® Waffle Maker to desired setting (a tone will sound when preheated).
3. Pour 2 cups (500 ml) of batter onto the centre of the lower grid of the preheated waffle maker; spread batter evenly using a heat-proof spatula. Close lid of waffle maker. When tone sounds, waffles are ready. Open lid and carefully remove baked waffles. Repeat with remaining batter. For best results, serve immediately.

Nutritional information per waffle:

*Calories 465 (35% from fat) • carb. 64g • pro. 12g
• fat 18g • sat. fat 2g • chol. 73mg • sod. 588mg
• calc. 281mg • fiber 5g*

Super Multigrain Waffles

These crispy waffles have a nice texture and pleasant flavour; you would never know they are good for you.

Makes 16 waffles

- 2 cups (500 ml) whole wheat flour**
 - 1 cup (250 ml) unbleached, all-purpose flour**
 - 1 cup (250 ml) rolled oats (old fashioned, not quick oats)**
 - 2 teaspoons (10 ml) baking powder**
 - 2 teaspoons (10 ml) baking soda**
 - 1 teaspoon (5 ml) salt**
 - 4 large eggs, lightly beaten**
 - 2 cups (500 ml) soy milk**
 - ¼ cup (50 ml) pure maple syrup**
 - 2 teaspoons (10 ml) pure vanilla extract**
 - ¾ cup (175 ml) (1½ sticks) unsalted butter, melted**
 - ¼ cup (50 ml) flaxseed oil**
 - 2 cups (500 ml) low-fat plain yogurt or 1% cottage cheese**
 - 1 cup (250 ml) finely chopped pecans or walnuts (optional)**
1. Put the flours, oats, baking powder, baking soda, and salt into a large mixing bowl and whisk to combine. Add the eggs, soy milk, syrup, and vanilla; whisk until smooth. Stir in butter, flaxseed oil, and yogurt/cottage cheese. Finally stir in the chopped nuts, if using, into batter. Let batter rest 5 minutes before using.
 2. Preheat the Cuisinart® Waffle Maker to desired setting (a tone will sound when preheated).
 3. Pour 2 cups (500 ml) of batter onto the centre of the lower grid of the preheated waffle maker; spread batter evenly using a heat-proof spatula. Close lid of waffle maker. When tone sounds, waffles are ready. Open lid and carefully remove baked waffles. Repeat with remaining batter. For best results, serve immediately.

Nutritional information per waffle with yogurt:
Calories 337 (52% from fat) • carb. 32g • pro. 10g
• fat 20g • sat. fat 7g • chol. 76mg • sod. 409mg
• calc. 162mg • fiber 4g

With 1% cottage cheese:
Calories 340 (52% from fat) • carb. 30g • pro. 12g
• fat 20g • sat. fat 7g • chol. 77mg • sod. 500mg
• calc. 119mg • fiber 4g

Chocolate Buttermilk Waffles

Great for breakfast, or try as a base for a hot fudge sundae.

Makes 16 waffles

- ¼ cup (50 ml) packed light brown sugar**
 - 3 cups (750 ml) unbleached, all-purpose flour**
 - 1 cup (250 ml) unsweetened cocoa, sifted**
 - ¼ cup (50 ml) granulated sugar**
 - 4 teaspoons (20 ml) baking soda**
 - 1 teaspoon (5 ml) salt**
 - 4 large eggs, lightly beaten**
 - 2 teaspoons (10 ml) pure vanilla extract**
 - ¾ cup (175 ml) (1½ sticks) unsalted butter, melted**
 - 2 cups (500 ml) buttermilk**
 - 2 cups (500 ml) low-fat yogurt (plain or vanilla)**
 - 2 cups (500 ml) semi-sweet chocolate chips**
1. Crumble the brown sugar into a large mixing bowl to remove any lumps. Add the flour, cocoa, granulated sugar, baking soda, and salt. Whisk to combine. Stir in the eggs, vanilla, butter, buttermilk, and yogurt, making sure each ingredient is incorporated well. Finally fold in the chocolate chips. Let batter rest 5 minutes before using.
 2. Preheat the Cuisinart® Waffle Maker to desired setting (a tone will sound when preheated).
 3. Pour 2 cups (500 ml) of batter onto the centre of the lower grid of the preheated waffle maker; spread batter evenly using a

heat-proof spatula. Close lid of waffle maker. When tone sounds, waffles are ready. Open lid and carefully remove baked waffles. Repeat with remaining batter. For best results, serve immediately.

Nutritional information per waffle:

Calories 410 (41% from fat) • carb. 52g • pro. 9g
• fat 19g • sat. fat 11g • chol. 79mg • sod. 534mg
• calc. 113mg • fiber 4g

High Protein Waffles

Easy to prepare and high in protein, these delicious waffles are a great way to start the day.

Makes 12 waffles

- 3 cups (750 ml) rolled oats (old fashioned, not quick oats)**
- 1½ cups (375 ml) unbleached, all-purpose flour**
- ¼ cup (50 ml) plus 2 tablespoons (30 ml) granulated sugar**
- 4 teaspoons (20 ml) baking powder**
- 1 teaspoon (5 ml) ground cinnamon**
- 1 teaspoon (5 ml) salt**
- 4 large eggs, lightly beaten**
- ¾ cup (175 ml) vegetable oil**
- 1 cup (250 ml) 1% cottage cheese**
- 2 cups (500 ml) reduced-fat milk**

1. Combine the oats, flour, sugar, baking powder, cinnamon, and salt in a large mixing bowl. Stir to combine. Stir in the eggs, oil, cottage cheese and milk, one at a time until mixture is smooth. Let batter rest 5 minutes before using.
2. Preheat the Cuisinart® Waffle Maker to desired setting (a tone will sound when preheated).
3. Pour 2 cups (500 ml) of batter onto the centre of the lower grid of the preheated waffle maker; spread batter evenly using a heat-proof spatula. Close lid of waffle maker. When tone sounds, waffles are ready. Open lid and carefully remove baked waffles. Repeat with remaining batter. For best results, serve immediately.

Nutritional information per waffle:

Calories 487 (36% from fat) • carb. 62g • pro. 17g
• fat 20g • sat. fat 3g • chol. 75mg • sod. 482mg
• calc. 239mg • fiber 7g

Whole Wheat Berry Waffles

Any type of berry will work for this versatile waffle.

Makes 16 waffles

- 2½ cups (625 ml) unbleached, all-purpose flour**
- 1½ cups (375 ml) whole wheat flour**
- ¼ cup (50 ml) granulated sugar**
- 2 tablespoons (30 ml) baking powder**
- 2 teaspoons (10 ml) salt**
- 4 large eggs, lightly beaten**
- 3½ cups (875 ml) reduced-fat milk**
- ¾ cup (175 ml) (1½ sticks) unsalted butter, melted**
- 2 teaspoons (10 ml) pure vanilla extract**
- 1½ cups (375 ml) blueberries, fresh or frozen (thawed)**
- 2 teaspoons (10 ml) orange zest**
- 1 cup (250 ml) chopped pecans**

1. Combine both flours, sugar, baking powder, and salt in a large mixing bowl and whisk to combine. Add the eggs, milk, butter and vanilla; whisk until mixture resembles a smooth batter. Fold in the blueberries, zest, and pecans. Let batter rest 5 minutes before using.
2. Preheat the Cuisinart® Waffle Maker to desired setting (a tone will sound when preheated).
3. Pour 2 cups (500 ml) of batter onto the centre of the lower grid of the preheated waffle maker; spread batter evenly using a heat-proof spatula. Close lid of waffle maker. When tone sounds, waffles are ready. Open lid and carefully remove baked waffles. Repeat with remaining batter. For best results, serve immediately.

Nutritional information per waffle:

Calories 304 (47% from fat) • carb. 33g • pro. 8g
• fat 16g • sat. fat 7g • chol. 80mg • sod. 478mg
• calc. 272mg • fiber 3g

Vanilla Yogurt Pecan Waffles

These waffles have a subtle, nutty sweetness and are nice and crispy.

Makes 16 waffles

- ¼ cup (50 ml) plus 2 tablespoons (30 ml) packed light brown sugar**
- 2 cups (500 ml) unbleached, all-purpose flour**
- 2 cups (500 ml) whole wheat flour**
- 4 teaspoons (20 ml) baking soda**
- 1 teaspoon (5 ml) ground cinnamon**
- 1 teaspoon (5 ml) salt**
- 4 large eggs, lightly beaten**
- 2 teaspoons (10 ml) pure vanilla extract**
- ¾ cup (175 ml) (1½ sticks) unsalted butter, melted**
- 2 cups (500 ml) low-fat vanilla yogurt**
- 2 cups (500 ml) reduced-fat milk**
- 1 cup (250 ml) chopped pecans**

1. Crumble the brown sugar into a large mixing bowl to remove any lumps. Add the flours, baking soda, cinnamon, and salt and whisk to combine. Add the eggs and vanilla; whisk until just combined. Stir in the butter, yogurt, and milk until the mixture becomes smooth. Fold in the pecans. Let batter rest 5 minutes before using.
2. Preheat the Cuisinart® Waffle Maker to desired setting (a tone will sound when preheated).
3. Pour 2 cups (500 ml) of batter onto the centre of the lower grid of the preheated waffle maker; spread batter evenly using a heat-proof spatula. Close lid of waffle maker. When tone sounds, waffles are ready. Open lid and carefully remove baked waffles. Repeat with remaining batter. For best results, serve immediately.

Nutritional information per waffle:

Calories 314 (45% from fat) • carb. 35g • pro. 9g
• fat 16g • sat. fat 7g • chol. 80mg • sod. 565mg
• calc. 203mg • fiber 3g

Savory Cheddar Chive Cornmeal Waffles

These crispy, savory waffles are good to serve with soups or your favourite chili in place of corn muffins. You may also try them with scrambled eggs and bacon for brunch or supper.

Makes 20 waffles

- 3¾ cups (900 ml) unbleached, all-purpose flour**
- 3 cups (750 ml) cornmeal (yellow or white)**
- 3 tablespoons (45 ml) granulated sugar**
- 3 tablespoons (45 ml) baking powder**
- 1½ teaspoons (7 ml) baking soda**
- ¾ teaspoon (3.75 ml) salt**
- 9 ounces (255 g) shredded sharp cheddar cheese (about ¾ cup/175 ml)**
- ¼ cup (50 ml) plus 2 tablespoons (30 ml) chopped fresh chives**
- 5¼ cups (1.25 L) reduced-fat milk**
- ¾ cup (175 ml) vegetable oil**
- 6 large eggs, lightly beaten**
- ½ teaspoon (2 ml) hot sauce**

1. Combine the flour, cornmeal, sugar, baking powder, baking soda, and salt in a large mixing bowl; whisk to combine. Stir in the cheese and chives. Add the milk, oil, eggs, and hot sauce; whisk until completely combined. Let batter rest 5 minutes before using.
2. Preheat the Cuisinart® Waffle Maker to desired setting (a tone will sound when preheated).
3. Pour 2 cups (500 ml) of batter onto the centre of the lower grid of the preheated waffle maker; spread batter evenly using a heat-proof spatula. Close lid of waffle maker. When tone sounds, waffles are ready. Open lid and carefully remove baked waffles. Repeat with remaining batter. For best results, serve immediately.

Nutritional information per waffle:

Calories 249 (41% from fat) • carb. 40g • pro. 11g
• fat 16g • sat. fat 5g • chol. 82mg • sod. 533mg
• calc. 302mg • fiber 2g

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